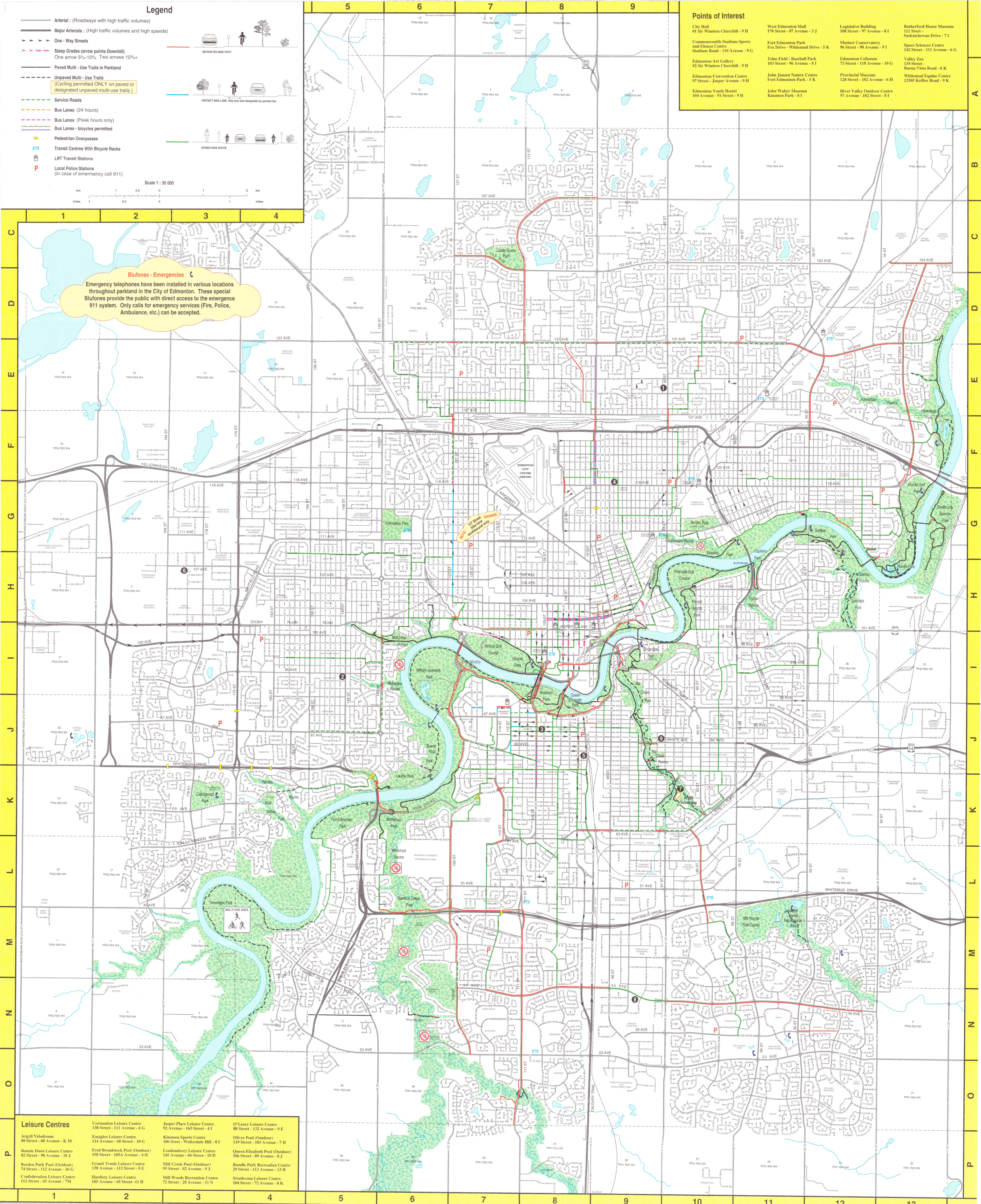




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SHARE THE TRAILS—CODE OF CONDUCT

Bicycles are fun, relatively inexpensive, and non-polluting. They provide riders with a sense of freedom. The City of Edmonton has 100 km of the finest **multi-use trails** where bicycles may be enjoyed. These trails are meant to be shared with all park users. Inappropriate use may cause resentment of cyclists by other park users.

GENERAL
Keep Right
All users must keep right, except when passing or turning left. Move off the trail to the right when stopping.

Stay Alert
Control speed based on activity, ability, terrain, visibility and traffic. Use caution in blind corners, poor weather conditions, and on unfamiliar trails.

Be Visible
Ensure your visibility during daytime and night-time use.

Preserve
Avoid fragile surfaces and vegetation, and always try to preserve the environment for future users. Try not to disturb wildlife or habitat.

Yield
Yield to slower moving traffic: cyclists to pedestrians, joggers to walkers. Move off to the side of the trail for less mobile users.

Share the Responsibility
The inter-linking system of multi-use trails in the River Valley provides opportunities for all. Help teach each other proper trail etiquette: lead by example. Remember, others will be judged by your actions.

Earphone Dangers
Earphones are dangerous to both you and other trail users.

Trail Impact
Avoid other user trail lines. For example, avoid walking on ski trails. Stay on trails and practice minimum impact. Do not cut or forge new trails.

Orderly Fashion
Groups of users should not span more than half of the trail width so that others may pass.

Control Your Pet
Keep animals leashed in areas requiring leashes. Please restrain animals near other users and wildlife on trails.

CYCLISTS
Be Courteous — Signal Others
Make contact with others pleasantly no matter how brief. Always make the first move to avoid conflicts. Inform others of what you are doing through audible warnings.

Ride Appropriately
If your speed or style endangers other users, check for alternative routes, better suited to your needs. Selecting the right location is safer and more enjoyable for all concerned. Use caution on hills, underlower bridges, and especially when pathways are busy.

Observe
Honour and respect all trail closure signs, seasonal and permanent. Observe all bylaws and regulations concerning trails.

Be Aware
Check ahead and behind, left and right, before crossing or merging with trails. Move completely off of pathways when stopping so that no conflict occurs.

IN LINE SKATERS
Never it is illegal to skate on city streets. Skating is permitted on sidewalks.
Control
Always skate under control. Do not endanger others. Keep poles close to your body when passing.

Wear The Gear
Including helmet, knee pads, elbow pads, and wrist guards.

Stay Clear
Stay away from water, oil, uneven surfaces, or debris on the trail.

Caution
Follow trail travel, passing, and speed guidelines as per cyclists. Be aware of proper skating and braking techniques before going on trails. All users must observe and obey signs.

HOW TO RIDE IN TRAFFIC

Obey Traffic Sign And Signals
In order to be taken seriously, cyclists must obey the rules of the road.

Follow Lane Markings
Don't turn left from the right lane. Don't go straight through in a lane marked "right turn only".

Choose Best Way To Turn Left
There are 2 ways to make a left turn: 1) Like an auto. Signal, move into the left lane, and turn left. 2) Like a pedestrian. Ride straight to the far crosswalk with your bike across.

Don't Pass On The Right
This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.

Use Caution On Shared-Use Facilities
Where permitted by signs to use a sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.

Make Eye Contact With Drivers
Assume they don't see you until you are sure they do. Watch for cars pulling out.

Scan The Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.

Never Ride Against Traffic
In some right-turn situations, an outstretched right arm is more visible to those behind you.

Use Hand Signals
Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.

Ride In A Straight Line
Don't ride out to the curb between parked cars. Motorists may not see you when you try to move back into traffic.

Don't Weave Between Parked Cars
Don't ride out to the curb between parked cars. Motorists may not see you when you try to move back into traffic.

Ride In The Middle Of A Narrow Lane Or When Traffic Is Slow
The Highway Traffic Act, Section 146(2), indicates that a cyclist should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be practicable to ride in the middle of the lane to be more visible.

Avoid Road Hazards
Watch out for parallel-slat sewer grates, oily pavement, slippery manhole covers, painted lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control, stand up on your pedals as you cross bumps.

Keep Both Hands Ready To Brake
You may not stop in time if you break with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.

Watch For Chasing Dogs
If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with a dog or with a vehicle while trying to avoid the dog.

Keep Bike In Good Repair
Adjust your bike to fit you, and keep it working properly. Routine maintenance is simple and you can learn to do it yourself.

Use Lights At Night
Use a strong headlight and red rear light, plus a red rear reflector at night. Wear a reflective vest and lightly coloured clothes with reflective tape for extra visibility.

Use A Flag On Trailers
Trailers may be difficult for motorists to see. Use a red flag on the trailer at rider height to alert motorists to your presence.

Warn Others Of Your Approach
Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you.

Dress Appropriately
In rain, wear a rain coat or rain coat and pants. Dress in layers for temperature changes, and wear a helmet with a hard outer shell and crushable, foam lining.

Use Pack Or Rack
Saddbags, racks, baskets, small backpacks are all good ways to carry packages, freeing your hands for safe riding.

Never Wear Headphones When Riding
Being able to hear approaching traffic is an essential part of safe riding — listen up!

Lock Bike When You're gone
Lock up to a bike rack or another immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number. Register your bicycle with the Edmonton Bicycle Commuters.

TRAFFIC SIGNS

Obey all traffic lights.

Stop

Stop

Proceed with caution

Stop and put one foot on the ground at all STOP signs.

Give way to approaching traffic.

Proceed in this direction only. NEVER RIDE AGAINST THE TRAFFIC.

Do not enter.

Do not turn. It is illegal to do so.

PEDESTRIAN

CROSSWALKS

Standard traffic signs permit or restrict the use of sidewalk facilities.

(use permitted)

(use permitted)

(use prohibited)

(use prohibited)

This sign indicates that cyclists and pedestrians must share the walkway. Cyclists must yield to pedestrians.

This is one of the standard signs for Edmonton bikeways. This sign directs cyclists along a designated bikeway route and cautions motorists that it is a preferred cycling route.

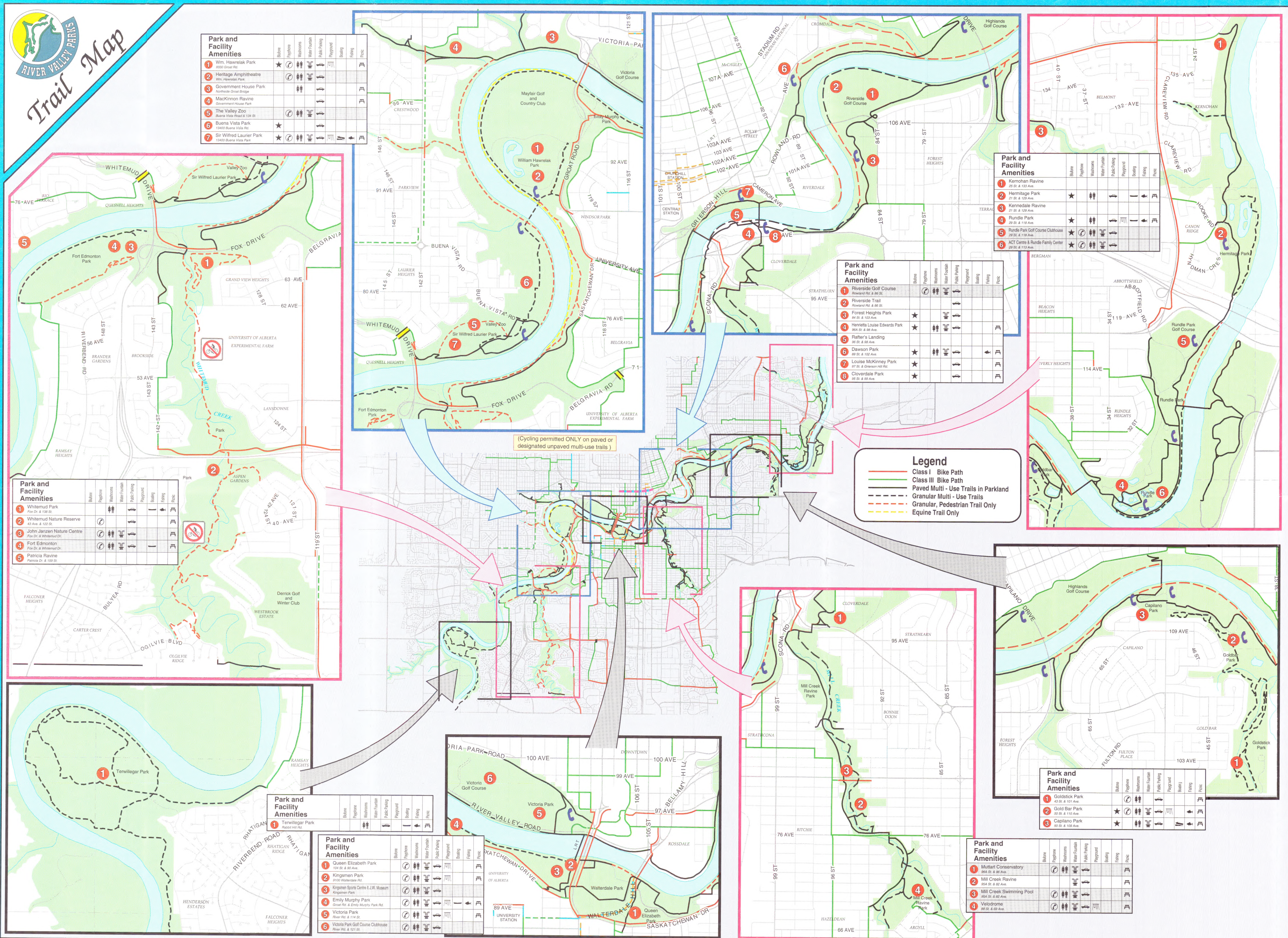
Where there is a hazard or an obstruction along a bikeway, this sign may be posted to advise cyclists to dismount their bicycle and proceed on foot.

BIKES ON ETS

Bicycle racks have been installed on low floor buses operating on the Route 9, with approximately every second bus offering bicycle rack service throughout the week in all time periods. Cyclists are responsible for properly securing their bikes.

RIDE THE RAIL

Cyclists that ride the LRT may take their bike on the train through the middle doors when paying regular fare. Bicycle travel in the peak direction is allowed Monday to Friday from 5:30 am to 7:30 am; 8:30 am to 4:00 pm and 5:00 pm until closing. Bicycle travel in the direction opposite to the peak travel has no hourly restrictions. There are no hourly restrictions for bicycles on Saturday, Sunday and statutory holidays.



IT'S THE LAW

OBEY TRAFFIC SIGNS AND SIGNALS
As a vehicle, you must obey all rules of the road. Cyclists have the same privileges and responsibilities as other vehicles.

SIGNS
Cyclists must be aware of and obey all signs on trails, especially those trails which are posted "Closed to bicycles". These closures are for the safety of the cyclist and other park users, or for the protection of wildlife and the environment.

ONE PERSON PER BIKE
Riding double is only permitted on a bicycle that is designed and equipped to handle two persons.

RIDE IN SINGLE FILE
Cyclists must ride in single file, except when passing another vehicle.

EQUIP YOUR BIKE WISELY
The law states that bicycles must be equipped with adequate brakes and a warning device (horn, bell, or gong).

KEEP YOUR BIKE IN GOOD REPAIR
Ensure your bike has functioning brakes, steering, and gears. Adjust your bike to fit you properly. Remember, if a Police Officer feels that a bike is unsafe, he or she can have it removed from the road or trail until repairs are completed.

RING THAT BELL
Warn pedestrians of your approach. Pedestrians always have the right-of-way.

USE LIGHTS AT NIGHT
If you are going to operate a bicycle after dark, it must be equipped with a headlight in the front, a red tail light, and red rear reflector.

WEAR AN APPROVED CYCLING HELMET
Approved cycling helmets meeting ANSI, Snell, and/or CSA standards are widely available. Head injuries result in over 75% of cyclist fatalities. Helmets Save Lives.

BICYCLE LEGISLATION

HIGHWAY TRAFFIC ACT, SECTION 144, SUBSECTION (1):
A person operating a bicycle on a street has all the rights, and is subject to all the duties that a driver of a motor vehicle has.

CITY OF EDMONTON TRAFFIC BYLAW #5590
Cyclists are not allowed to ride their bicycle on City sidewalks unless so designated.

When riding on a sidewalk or in a crosswalk, a cyclist must:
• Yield right-of-way to pedestrians.
• When passing a pedestrian, use the care and control required to ensure the safety of the pedestrian.
• Give an audible signal by voice, bell, or other warning device in a reasonable time prior to overtaking the pedestrian.
• Yield right-of-way to any vehicle on a street which crosses a Class I bikeway.

CITY OF EDMONTON PARKS AND RECREATION BYLAW #2303:
Every trail user shall yield right-of-way to slower moving users.
When a user wants to pass a slower moving user on a trail, the user shall use the care and control required to ensure the safety of the slower moving user.
Every trail user shall give an audible signal by voice, bell, or other warning device in a reasonable time prior to overtaking the slower user.

UNIVERSITY OF ALBERTA CAMPUS
The University of Alberta has its own set of regulations and information for operating bicycles on campus. Call Campus Security at 492-5352 for more information.

The City of Edmonton has published this map for cyclists to help them choose the best route according to their cycling abilities.

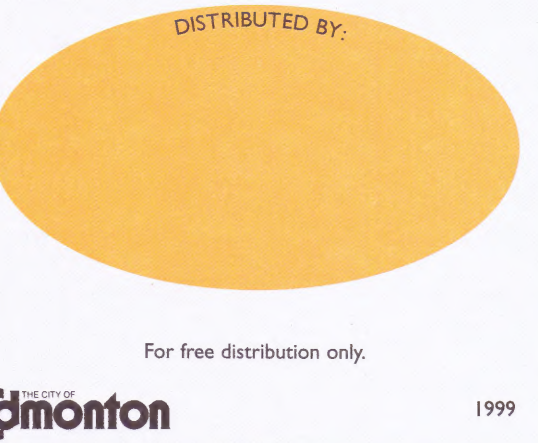
The classifications indicated should be used as a guide only. Cyclists should be prepared to make their own evaluation of the traffic on any street, and of the suitability of their chosen route.

REMEMBER
The cyclist has all the rights and duties that a driver of a motor vehicle has. Your bike is the smallest vehicle on the road. Because of this, motorists often have difficulty seeing you. Your safety depends upon you. Make yourself visible and ride predictably. Always ride where motorists expect to see you. All the rules of the road apply to the River Valley trails also.

TRANSPORTATION AND STREETS DEPARTMENT
(On-Road Facilities)
General Information Line 496-2404
Roadway Trouble (24-hour line) 496-1700 (potholes, gravel, glass)

COMMUNITY SERVICES DEPARTMENT
(River Valley Facilities)
Trail Report Hot Line (24-hour line) 496-2959
General Information 496-7275
(8 am - 5 pm weekdays, weekends and holidays closed)
Park Rangers 446-4314

For information on bicycle repairs and rentals, check the Edmonton Yellow Pages Directory.



For free distribution only.

1999

CYCLING CONTACTS

EDMONTON BICYCLE COMMUTERS
Mandate is to improve conditions for the cycling commuter and to encourage the use of the bicycle as a mode of transportation. The Edmonton Bicycle Commuters offers a bicycle registration service and a bike repair facility. For more information, call 424-2453.

EDMONTON BICYCLE AND TOURING CLUB
Mandate is to bring together individuals who share an interest in cycle touring. For more information, call 424-2453.

ALBERTA BICYCLE ASSOCIATION
The Alberta Bicycle Association is a provincial body governing all forms of bicycle racing. It is affiliated with the National Canadian Cycling Association. For more information, call 424-8518.

EDUCATION CONTACTS

For further information on cycling education programs, please contact the following agencies:

- Bicycling Education Society of Edmonton 421-0241
- Edmonton Police Services (Traffic Education Unit) 421-3556
- Edmonton Catholic Schools (Pedal Pushers) 462-7300
- Edmonton Public Schools (Bennett Centre) 468-1438
- Alberta Transportation 427-8901
- Alberta Motor Association 474-8785
- Grey Nuns Hospital Bicycle Coalition 450-7112